

# Schedule At-A-Glance

## FRIDAY, MAY 5

Events at various Stowe locations.

8:00 a.m. – 8:00 p.m.

### REGISTRATION

Stoweflake Resort - Atrium

Stop here first to pick up your nametag and other registration materials - all attendees, speakers and volunteers.

8:30 a.m. – 3:30 p.m.

### FULL-DAY SESSION

#### Hope and Wellness Through Movement for the Mind and Body

Pre-registration required.

Back by popular demand! Join us for a full day of healing activities including yoga, meditation, biking, and much more! Pick what's right for you and join us for our Weekend of Hope exercise program. All levels and abilities welcome!

10:00 a.m. – 12:00 p.m.

### CONCURRENT WORKSHOPS

Pre-registration required.

#### I. I Have So Many Feelings I Can't Think Straight

Marilyn McEnery, Kathy Manns and Enrique Peredo

Stowe Mountain Lodge - Alder Room

Cancer is an emotional event for survivors and their loved ones. Wherever we are in life with cancer, it requires ongoing fresh thinking and decision-making. This workshop will introduce participants to a process that helps us use our best thinking. It offers a reminder about who we are as human beings - 'organically' smart, hopeful, flexible, lovable, caring, powerful, innocent, good.

The workshop is based on the theory of Re-evaluation Counseling which reminds us that we all come with a natural ability to heal hurts, both emotional and physical. Unfortunately, much of this natural ability to recover from hurts and to feel feelings is shut down by (often well-intentioned) adults when we are very young. When we don't have a chance to use this ability to recover from the many hurts that accumulate during our lives, our thinking becomes limited and less flexible.

The demands of healing from cancer require our best thinking. During our time together we will practice this healing process by listening and being listened to. It is a tool that can be used in everyday life. We are able to think more clearly when not overwhelmed by the numbness, grief, fear and worry that comes up in us and can take over our thinking and our lives. Possibly best of all, we won't be alone.

Life with cancer does not happen in isolation. It is not unemotional. Feelings are part of being alive, and, we have to keep thinking. Most of us can use help with this and most of us can provide that help.

#### II. Wonders of Watercolor

Ival Stratford-Kovner

Trapp Family Lodge - St. George Room

Each participant will be given professional-level paper and watercolor paints coupled with a funny and rewarding instructional session that will make each person confident that their artwork will be just fine. Ival will be hands-on to provide help and guidance and offer the best ways to approach this beautiful medium. No experience required but painters welcome as well!

#### III. Expressing Hope Through Art

Louise Granahan

Stowe Mountain Lodge - Birch Room

Using simple materials, we will create beautiful pieces of art that you will want to frame and keep forever. Participants will make prints on watercolour paper using non-toxic markers and water based inks. No previous art experience is needed. This workshop is for people with lots of artistic ability or none. You will be amazed by what you can create!

1:30 p.m. – 3:30 p.m.

### CONCURRENT WORKSHOPS

Pre-registration required.

#### I. A Musical and Healing Journey for Cancer Survivors and Their Loved Ones

Cindy Sheridan Murphy; Debra Lynn Alt

Stowe Mountain Lodge - Alder Room

Our workshop is designed to ease the transition from treatments, to more than just a life of remission and survival, but one of thriving. We offer experiential tools and

resources to facilitate an increased sense of purpose and desire for growth and reaching out to others. Music and writing are used to provide personal tools for self-actualization. The workshop includes audio visual presentations as well as live music and guided journaling and meditation.

#### II. Healing and Your Soul: Finding Wisdom in the Cancer Experience

George Kansas

Stowe Mountain Lodge - Oak/Sugar Maple Room

This will be a candid discussion with an author, teacher, conversation leader and veteran Weekend of Hope speaker who has felt the great pains and lived the great joys. While not a 'religious' conversation, deep spiritual topics will be discussed alongside profound scientific discoveries which help us not only understand the nature of things and how the Universe works, but more specifically what life-changing teachings the cancer/healing experience may hold in store for us - patient, caregiver and survivor alike.

In this program, George will engage the audience in his charismatic style, touching on subjects like:

- 'Red Wire/Green Wire' - How habit effects our healing.
- 'What you say, your body hears' - How language can powerfully impact healing.
- 'Faith' - It's not what you think it is. - How an openness to 'truth' can shift your entire life.

In this program, George brings the full weight of nearly 30 years of spiritual inquiry, exploring and teaching to the healing experience!

(Regardless of how you experience the Infinite, come with an open mind and an open heart. Let Source pour into you, through me.) This is not a religious conversation. All faiths are welcome and honored. This is a spiritual conversation intended to expand your appreciation of the power of your Soul, however you've come to understand it!

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4:00 p.m. – 5:00 p.m.

### OPENING CEREMONY

Stoweflake Resort - Courtyard

The official kick-off of the Stowe Weekend of Hope festivities.

6:45 p.m. – 7:25 p.m.

#### "PRETTY IN PINK" FASHION SHOW

Stoweflake Resort - Pinnacle Ballroom

Presented by the Green Ribbon Retailers. Begins promptly at 6:45 p.m.!

7:30 p.m. – 9:00 p.m.

### ROUNDTABLE AND PANEL DISCUSSIONS

... will be offered on a variety of topics from 7:30 to 9 p.m. There is no fee to attend, and advance registration is NOT required. Survivors, caregivers and family members are welcome to attend. Join us after you've dined in Stowe for informal and informative discussions on your topic of choice. These events will take place at the Stoweflake Resort.

#### I. Panel Radiation, Surgery, Medical Oncology - Breast Cancer Topics

Ed Ziedins, M.D. and Daniel Fram, M.D. from Central Vermont Medical Center; Michaela Rowland, Dartmouth Hitchcock Medical Center; moderated by Theresa Lever

Stoweflake Resort - Pinnacle A

Presentations by panelists and a question and answer session.

#### II. Cancer Survivorship

Patricia O'Brien M.D.

Stoweflake Resort - Pinnacle B

An overview of cancer treat-

ments and how to get through them. Discussion of various coping methods and resources for help.

#### III. Mindfulness and Meditation

Robert David, M.A.

Stoweflake Resort - Pinnacle C

Mindfulness is paying attention to whatever is going on inside us and around us in the present moment, noticing things but not attaching judgment to them. Mindfulness can give us greater insight and control over what tends to cause us suffering. This class offers discussion, exercises, and meditations to understand, experience, and practice mindfulness.

#### IV. Discussion for Those Living With a Blood Cancer

David Cranmer

Stoweflake Resort - Beatrice

Meet others living with Leukemia, Lymphoma, Myeloma and other blood cancers. Discussion will focus on long term effects of cancer treatments and what we can do.

#### V. Life is Spectacular One Day At A Time! Living Well With Ovarian Cancer in the Side Car of Life

Anne Tonachel; Batoul Hassan;

Katherine and Bill Kingsley;

Marilyn McEnery; Kathy Manns

Stoweflake Resort - Stuart

A panel of ovarian cancer survivors and their spouses to be followed by open discussion with audience members.

#### VI. Young Survivor's Panel Discussion

Kathy McBeth, University of Vermont Cancer Center; Jane Feustel

Bensimhon; Gabrielle Blow;

Maggie Van Duyn

Stoweflake Resort - Mansfield

When cancer affects us it is a challenge at any age; however, when you are young, some of the life changes can be overwhelming. The panel consists of three young individuals who are here to share the story of their cancer and listen to your experience. The Young Survivor's support group members are 19 to 40 years of age. Each individual has a unique story and the goal for this event is to honestly discuss some of these challenges, where did they find support and ways they were able to cope.

7:30 p.m. – 8:30 p.m.

#### STOWE AT NIGHT GUIDED LANTERN TOUR: GHOST STORIES AND HISTORY TOO!

Meet at the Stowe Visitor Center, 51 Main Street

Carry our candle-lit lantern as you hear entertaining stories of the resident ghosts of Stowe. Hear compelling stories of early settlers and view Stowe's historic buildings.

8:30 p.m.

### EVENING SOCIAL

Stoweflake Resort - Charlie B's

Enjoy a relaxing evening with friends. Live music by Sean "Mad Dog" Madden and Brett "SouthPaw" Sears, a rare mix of folk, rock and alternative sounds.

#### We invite you to share your experience!

Tag us in your posts and photos: Facebook: Stowe Weekend of Hope #stowehope17

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**10% OF OUR SALES**  
**SATURDAY MAY 6<sup>TH</sup>**  
WILL GO TO STOWE WEEKEND OF HOPE  
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We're honored to be a part of this special weekend!

Harold B. Stevens, Esq.  
John F. Pellizzari, Esq.  
Jasdeep S. Pannu, Esq.  
Jacob O. Durell, Esq.  
Leslie Anderson  
Nicholas Kelly

**STEVENS LAW OFFICE**

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# Schedule At-A-Glance

*continued from Page 7*

## 7. Dynamic Surveillance of Patients With Thyroid Cancer - Part 2

*Beatriz Tendler, M.D.*  
*Stoweflake Resort - Executive Boardroom*  
Review of thyroglobulin and anti-thyroglobulin antibodies as tumor markers. Review of calcitonin and CEA as tumor markers (medullary thyroid cancer). Review of role of pituitary TSH as growth factor (non-medullary - well-differentiated thyroid cancer). Review of the current American Thyroid Association practice guidelines. Question-and-answer session at the end.

## 8. Gentle Chair Yoga

*Laura Malloy, LICSW*  
*Stoweflake Resort - Pilates Studio*  
Learn simple ways to reduce your stress right in the comfort of your own chair. Gentle stretching, simple breathing techniques and mindfulness will be the focus of this workshop. No prior yoga experience is required, just a willingness to relax!

**12:30 p.m. – 1:30 p.m.**

## LUNCH BREAK

**1:30 p.m. – 2:30 p.m.**

## CONCURRENT SESSION III

### 1. Maximizing the Body’s Immune Response against Melanoma

*Chris Anker, M.D.*  
*Intended audience: Melanoma patients and families.*  
*Stoweflake Resort - Pinnacle A*  
Dr. Anker will discuss immunotherapy, and how it can be combined with targeted chemotherapy and radiation therapy to help the body’s own immune system fight melanoma.

### 2. Immunotherapy of Breast Cancer: Where are we in 2017

*Marie Wood*  
*Stoweflake Resort - Pinnacle B*  
This will be a discussion of what we know about immune therapy and breast cancer, including how immune markers can affect prognosis and treatment.

### 3. Integrative Oncology: Options for Thriving

*Amy Littlefield, M.D.*  
*Stoweflake Resort - Pinnacle C*  
This presentation will guide patients through the options and evidence in integrative oncology. Attendees will learn how to choose among and prioritize the best treatments from a broad realm of choices.

### 4. Take a Moment for Yourself: Mindfulness Tools for Health and Wellness

*Roz Grossman, M.A.; Yu-jing Sun, PhD*  
*Stoweflake Resort - Beatrice*  
In this workshop, participants will discover the benefits of mindfulness meditation practices and principles, which have been shown to help reduce stress, anxiety, and other symptoms associated with a cancer diagnosis. They will engage in guided mindfulness practices known to promote health and well-being. Information about stress reduction and current research being done with mindfulness and cancer patients will be presented. The workshop is for cancer patients/survivors, caregivers and healthcare providers. No prior experience is needed. The workshop can help participants cope with the difficulties of a cancer diagnosis or caring for someone with cancer to be more present in their lives. The workshop is based

on the presenters experience offering an 8-week workshop, Mindfulness Tools for Health and Wellness, at the University of Vermont Medical Center and scientific research and background about the relationship of cancer and mindfulness. The Mindfulness Tools workshop is based on the world-renowned Mindfulness-Based Stress Reduction program started by Jon Kabat-Zinn in 1979 and now taught in many cancer centers throughout the world. This program has been shown through extensive research studies to reduce stress, anxiety and other symptoms associated with a cancer diagnosis.

### 5. The Modern Continuum of Lung Cancer Care: From Screening, Through Treatment and Survivorship

*Matt Kinsey, M.D., MPH*  
*Intended audience: Anyone interested in lung cancer or other cancers that have spread to the lung.*  
*Stoweflake Resort - Stuart*  
We will discuss the epidemiology of lung cancer, with particular emphasis on the alarming lung cancer trends in Vermont. The importance of screening, including CT surveillance following treatment of lung cancer, will be emphasized. We will also delve into new and evolving therapies, including airway based therapies and the breakthrough of immunotherapy. Finally, we will discuss survivorship and advocacy.

**6. One Woman Show: “Adventures in Liking My Looks: ‘Normal’ Must Be So Boring!”**

*Susan Cummings*  
*Stoweflake Resort - Mansfield*  
Almost everyone I know, including my cancer survivor friends, has some body image issue. In my case, I felt ashamed of my breasts, or rather the lack thereof. First they were too small. Then I lost one to a mastectomy. The show is a fun, spirited, sometimes poignant journey to discovering that my non-“normal” body is beautiful, and that someone else might find it beautiful too. The journey takes me to Central Park and the Metropolitan Museum of Art in New York and to London. A certain green vine turns out to be pivotal. I tell the story with the help of over 12 characters and a bit of music. I hope the show inspires the audience to realize that each of their bodies is uniquely beautiful, that all of our bodies contribute to, are integral to, the beautiful human palette.

### 7. Bodhi and Mind Yoga

*Bodhi & Mind Yoga instructors*  
*Stoweflake Resort - Pilates Studio*  
Bodhi and mind yoga offers physical, mental and emotional support to women in every stage of cancer diagnosis, treatment, and recovery. The physical practice of yoga is used to maintain energy, strength, and flexibility throughout treatment.

**2:30 p.m. – 2:45 p.m.**

## BREAK

**2:45 p.m. – 3:45 p.m.**

## CONCURRENT SESSION IV

### 1. Genetic Counseling and Testing for Familial Cancer Risk

*Laura Colello*  
*Stoweflake Resort - Pinnacle A*  
Laura will give an overview of hereditary cancer syndromes including breast, ovarian, and colon cancers. She will explain who is eligible for genetic counsel-

ing, what information we collect ahead of time, how the process works, and what clues make us think about hereditary cancer. She will give an overview of the risks, benefits, and limitations of genetic testing for hereditary cancer.

### 2. Caring for Caregivers

*Kathy McBeth; Elizabeth Goldstein*  
*Stoweflake Resort - Pinnacle B*  
Cancer adds stress to the lives of the individual going through the experience physically and to the lives of people around them. We all hear about the importance of self-care as a caregiver, but there are so many ways that can become difficult. In this session we will discuss some of the ways of caring for caregivers, and problem solve some of the barriers to care. Some time will be spent in this session on the situation of caregivers who are also survivors themselves. While this can be a benefit in terms of knowledge of the experience and empathy, it can also pose challenges to be helping someone through a traumatic situation that one has experienced themselves.

### 3. HPV and Cancer

*Daniel Fram, M.D.*  
*Stoweflake Resort - Pinnacle C*  
Human Papilloma Virus (HPV) and other viruses are associated with cancer. HPV associated oropharyngeal cancers are increasing worldwide and occur in non smokers at earlier ages than head and neck cancers traditionally. HPV vaccination at a young age can prevent such cancers. I would discuss prevention, risk factors, prevalence and treatment implications.

### 4. Genes, Mutations, and “Biomarkers” in Colon and Rectal Cancer - When They Matter and Why

*Gabriel Brooks, M.D., MPH*  
*Intended audience: Colorectal cancer*  
*Stoweflake Resort - Beatrice*  
This presentation will discuss the genes, mutations, and other biomarkers that oncologists use to make treatment decisions for patients with colon and rectal cancer. Specifically, Dr. Brooks will discuss the ways that genomics and biomarkers are used to design “personalized” treatment strategies, both to maximize the benefit of treatment as well as to minimize the burdens and side-effects of treatment.

### 5. Spotlighting Self-Care in Your Daily Life

*Sherry Rhynard*  
*Stoweflake Resort - Stuart*  
Sound the bugle, it is time for ME! Self-care plays the most important role for optimum health and well-being. If we took better care of our bodies and mind, particularly at a younger age, our immune systems would be strong, and our minds clear and calm. Truly, one may need to sound the bugle to pay attention – what’s happening with your body, mind and spirit?

The body and mind’s craving for attention often comes by way of stress signs and symptoms: lack of energy and motivation, irritability, insomnia, unhealthy eating, gaining or losing weight, headaches and stomachaches, to name a few. This workshop will spend initial time identifying what are some signs and symptoms of your stress; taking a self-care assessment, group discussion about specific self-care hot buttons; discussing a couple key areas from the assessment you may choose to act upon, and be given at least one tool to walk away with to address stress symptoms.

### 6. Cancer and Men

*George Kansas; Kevin Murphy*  
*Stoweflake Resort - Mansfield*  
These two SWOH veterans have been around the block - As survivors, as caregivers, as men. Having spoken - between the two of them - to thousands of men around the world, about what it means to be a patient, a partner, a man, in the healing experience, George and Kevin bring a grounded and inspired perspective to this important conversation. Man or woman, join this in-depth, raw and real conversation. It might be time to change the old expectations and embrace the heart and soul. In this discussion, we’ll explore:  
• what men need but don’t know how to ask for  
• the things women can do to GUARANTEE men will shut down (...or open up)  
• the things we can say to each other actually to be helpful

Kevin and George offer this program in loving memory and honor of their dear departed friend - and friend of SWOH - Jeff Gallahue, whose wisdom and generosity graced this program in years past.

### 7. Dance Fusion

*Vanessa Underwood*  
*Stoweflake Resort - Pilates Studio*  
Come Danze ~ Fuzion Fitness, get fit, get toned, get happy!  
Add a few weights, sing a few songs, twist and shout, a little Zumba dance, and you will have yourself a good time and a fun workout. No rhythm? No worries, JUST MOVE! Dance for cardio, stretch for flexibility, squat for strength and laugh for your soul. The moves are simple but effective. You will get a total workout and have a blast doing it.

**3:45 p.m. – 4:00 p.m.**

## BREAK

**4:00 p.m. – 5:00 p.m.**

### SPREADING HOPE THROUGH HUMOR WITH THE BOOBIE SISTERS

*Stoweflake Resort - Pinnacle A*  
The Boobie Sisters have been performing since 2003 at many cancer and women related events. The program will use a combination of songs and stories using laughter as a tool in the healing process. Boobie Sisters are all breast cancer survivors. The goal of the group is to spread hope to those impacted by this disease using songs that bring laughter and inspiration.

**7:30 p.m. – 8:30 p.m.**

### ECUMENICAL CANDLELIGHT SERVICE FOR REMEMBRANCE AND HOPE

*Stowe Community Church*  
*173 Main Street*  
This interfaith service is one of the most poignant elements of the weekend. Through singing, dancing, sharing, and memorial candle lighting, those gathered will honor and remember cancer survivors.

**7:30 p.m. – 8:30 p.m.**

### STOWE AT NIGHT GUIDED LANTERN TOUR: GHOST STORIES AND HISTORY TOO!

*Meet at the Stowe Visitor Center*  
*51 Main Street*  
Carry our candle-lit lantern as you hear entertaining stories of the resident ghosts of Stowe. Hear compelling stories of early settlers and view Stowe’s historic buildings.

**8:00 p.m. – 11:00 p.m.**

**DJ DANCE PARTY**  
*\$5 cover charge to benefit Stowe Weekend of Hope.*  
*Stoweflake Resort - Pinnacle Ballroom*

# SUNDAY, MAY 7

*Events at various Stowe locations.*

**7:30 a.m.**

### MASS AND BLESSING

*Blessed Sacrament Church*  
*728 Mountain Road*

**8:00 a.m. – 9:00 a.m.**

### YOGA

*Bodhi & Mind Yoga instructors; all levels of experience and ability are welcome.*  
*Trapp Family Lodge - Yoga Studio (located on the lower level of the fitness center)*  
Bodhi and mind yoga offers physical, mental and emotional support to women in every stage of cancer diagnosis, treatment, and recovery. The physical practice of yoga is used to maintain energy, strength, and flexibility throughout treatment.

**8:00 a.m. – 9:00 a.m.**

### MOVING FOR LIFE: DANCE EXERCISE FOR CANCER RECOVERY

*Moving For Life Certified Instructors and Dr. Martha Eddy, founder/exercise scientist*  
*Stoweflake Resort - Pilates Studio*  
Move along with easy to follow fitness and dance moves accompanied by uplifting music! Moving For Life has a 15-year track record of success in helping to increase:  
• energy (combat fatigue)  
• lymphatic flow (strengthens the immune system)  
• ease of joints (antidote to treatments, illnesses or poor postural, nutritional or movement habits that cause inflammation and/or stiffness)  
• mental acuity (helps with memory loss due to aging or chronic stress)  
• balance (related to inner ear deficits or substance abuse)  
• burning of calories (gentle but steady aerobic activity)  
It is open to cancer survivors, caregivers and family members of all levels.

**9:30 a.m. – 10:30 a.m.**

### SURVIVOR’S VICTORY HIKE WITH PRAYER FLAGS!

*Led by George P. Kansas and David Dorfman*  
*Meet at the Main Lobby of the Stoweflake Resort*  
Join George and Dave, both survivor athletes, for an inspirational and reflective journey as they take a brief hike ending at closing ceremonies. A fitting finish to a great weekend and inspiring beginning to your new life!

**11:00 a.m. – 12:30 p.m.**

### CLOSING CEREMONY & DEDICATION OF FLAGS OF HOPE & HEALING

*Stoweflake Resort - Pinnacle Ballroom*  
Join us and be entertained, inspired and uplifted by world-class performances. The ceremonies will conclude with the remembrance of those we have lost to cancer and with the reading the Lakota Prayer of Healing as we dedicate the Flags of Hope.